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THE

Johnson & Wales University

Providence, Rhode Island

Wednesday, December 14, 1994

CAMPUS HERALD

The student newspaper dedicated to serving the University Community.

First tree adorns Gaebe Commons

by Katchena Ellis
News Editor

On Wed, Dec, 7, 1994 Johnson & Wales University held their annual "Holiday Festival of Lights." The festival took place in front of McNulty Hall on the Gaebe Commons, where a Christmas tree stood to commemorate the occasion.

The festival began with a few words by Robert J. Hosier, President of the Undergraduate Student Assem-

bly (USA) followed by a welcome by Rev. David Proctor and the Invocation by Father Jerry Mudd.

In addition to the celebration was the lighting of a Menorah and Reflections on the Principles of Kwanzaa, which lead to the Christmas Tree Lighting and a brief moment of Christmas Carols. Closing remarks were given by Edward Louis Good, III, Student Activities Committee Chairperson.

Students serve Thanksgiving dinner for city's neediest

by Joeray L. Wood
Editor In Chief

The Lite House Grille and The Cultural Connection (formerly Dreyfus) on Tues, Nov. 22 from 11 a.m. - 3 p.m., served Thanksgiving dinner to over 2,400 of Providence's homeless people.

Over 80 volunteers from across the campus joined in to help out in the event. Students, employees and staff were all involved in the preparation of the dinner which started Fri, Nov. 18, before the opening of the doors on the Tue, Nov. 22. John

Rapoza, Susan Smith and Susan Connery were all heavily involved in seeing that this civic duty was a success. Presently in its third year, the dinner

attendance has increased significantly due to word of mouth.

In response to the services rendered, Reggie Perry, assistant manager of The Cultural Connection, stated, "As a traveler journeying through life day by day, if I can lend to my brother who's less fortunate than myself, a helping hand, then my living would not be in vain!"

*"...if I can lend
to my brother
who's less
fortunate than
myself, then my
living would not
be in vain!"*

Car smashing raises \$200 for March of Dimes

by Joeray L. Wood
Editor In Chief

On Wed., Nov., 16 Delta Sigma Phi fraternity hosted their third annual March of Dimes fund-raiser. A sledgehammer and a burgundy Escort wagon were the source of revenues for the fund-raiser. For \$1 an individual would get to take out their aggression with three blows to anywhere on the car with the sledgehammer. The goal for Delta Sigma Phi brothers was to raise \$200.

Sean Nguyen, a member of the

fraternity, said, "It's good for the release of aggression before finals plus it's for a good cause."

Wilson Rodriguez, another member of the fraternity, commented that he felt better that it (the fundraiser) was in Xavier courtyard and was more successful since it was moved from the parking lot across from University Club. He (Rodriguez) also thanked everyone who helped in contributing and participating in the charity event.



After being lit a week ago, the tree stands in front of McNulty Hall. In previous years, the tree was traditionally stolen by a fraternity. photo by Katchena Ellis

JWU student leads the nation's stock investors in AT&T Challenge

by Katchena Ellis
News Editor

Johnson & Wales University student Stacey Altruda is one of the nation's top stock investors as she leads thousands of students in the AT&T Collegiate Investment Challenge.

Beginning with the imaginary \$500,000 portfolio, Altruda has already increased her portfolio value to \$723,638.65. She finds herself in the top five with students from University of Pennsylvania, University of Hartford, Washington University and New York University.

Since 1987 AT&T has offered thousands of returning college students the opportunity to spend millions of dollars on Wall Street and gain national recognition, \$50,000 in cash and prizes and a valuable lifetime experience.

The AT&T Collegiate Investment Challenge is an educational interactive investment competition offered to both high school and college students across the United States, Canada and Puerto Rico. Participants are

awarded an investment portfolio worth one million dollars in buying power to invest with in the stock market, which consists of the NYSE, AMEX and NASDAQ exchanges. In addition, participants receive basic

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Viewpoints •

EDITORIAL

A warm round of applause to all those who participated in preparing the Thanksgiving dinner for the homeless at The Lite House Grille and the Cultural Connection.

Many times, homeless people are overlooked in their time of need and it is necessary for each and everyone of us to lend a helping hand, every once in a while. Although we find time to help on holidays such as Thanksgiving and Christmas, it should be an every day event. We should make every effort to extend a helping hand to someone less fortunate than ourselves, because you'll never know when you may find yourself in their shoes needing a helping hand, too.

Once again, the Editorial Board of *The Campus Herald* and the rest of the staff commends the efforts of the administration, faculty, staff and students who assisted in serving the homeless on Thanksgiving.

They who help thy neighbor shall be compensated for their goodwill.

Quote of the Week

Time is nature's way of keeping everything from happening at once.
--Unknown

The Campus Herald

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The Campus Herald is published by students from the Office of Student Publications in the Friendship Building, 2 Richmond Street. Our telephone number is (401) 598-2804. Our fax is (401) 598-1171. Advertising information is available upon request.

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The Campus Herald



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Briefs •

Winter on the Nile tickets on sale

The 1995 SnoBall Semiformal Dinner Dance, "Winter on the Nile", tickets are now on sale. Tickets can be purchased at the Student Activities' box offices located at the Friendship Building, and the Student Complex/Harborside. Tickets are \$25 per person and \$40 per couple.

Faculty award program

College and university faculty members with research interests in health physics-related technical areas may apply for the U.S. Department of Energy's 1995 Health Physics Faculty Research Award (HPFRA) Program.

Sponsored by DOE's Office of Environment, Safety and Health, the program is open to all full-time faculty appointments at accredited colleges and universities in the United States. The program is designed primarily to increase the number of faculty members conducting research in health physics and to improve the quality of health physics education. Other program objectives include encouraging innovative ideas for research in the field and strengthening ties between academic institutions and DOE facilities.

Awards for the 1995-1996 academic year will be up to \$50,000. Awardees are eligible for two additional renewals for a total of three years. Travel funds may also be available on a limited basis for trips to and from a collaborating DOE facility, to technical conferences and meetings, and to an annual program workshop.

Program participants must maintain their full-time faculty appointment status and must conduct their research at their home institutions. In addition, they must collaborate with a DOE contractor or approved facility and must submit annual and final reports.

The application deadline for the 1995 HPFRA Program is Feb. 28, 1995. Awards will be announced in July/August 1995. For more information or for application materials, contact Leila Gosslee, Health Physics Faculty Research Award Program, Science/Engineering Education Division, Oak Ridge Institute for Science and Education, P.O. Box 117, Oak Ridge, TN 37831-0117, or call 1-800-569-7749.

1994-'95 scholarship applications

The 1994-1995 scholarship eligibility applications are now available at all Student Financial Services offices. Business, Hospitality and Technology students can pick them up at the PAR Building. Culinary students may pick up applications at the Registrar's Office at the Harborside campus.

Students interested in potential scholarship opportunities can complete the scholarship eligibility application and return it to Student Financial Services. Within two weeks, a report listing scholarship titles and addresses will be sent to all students who apply.

Santa is coming

Parents and children are invited to join Santa Claus in his Gingerbread Paradise on Dec. 17, from 8:30 to 11:30 a.m., at the Radisson Airport Hotel. A scrumptious breakfast of Gingerbread Pancakes, Hickory Dickory Bacon, Scrooge's Scrambled Eggs, Stocking Stuffer Sausage and an assortment of fresh baked goods will be served. There is also gingerbread decorating in which everyone can participate. Adult admission is \$6.95 and children pay \$4.95.

For more information, call the Radisson Airport Hotel at (401) 739-3000.

Free ski program

The Sunday River Ski Resort and Coca-Cola of Maine have teamed up to offer a free learn to ski or snowboard package which includes rental equipment, lift privileges and instruction.

The free ski program is modeled on Sunday River's highly successful Guarantees Learn to Ski in One Day program. No reservations are required. Participants must be at least 13 years of age.

The introductory clinics teach new skiers to stop, turn, control speed, ride a chairlift and ski independently on gentle terrain. The program lasts approximately two and a half hours. Skiers wishing to continue may purchase a lift ticket for the Learning Area lifts and equipment rentals for just \$19.

The Coca-Cola/Sunday River Learn-to-Ski program will be promoted on television and radio, as well as in stores at locations selling Coca-Cola products. Call their special information hotline at 1-800-I-CAN-SKI.

Elie Wiesel Contest

The 1995 Elie Wiesel Prize Contest, with awards totaling \$10,000, is now open to junior and senior undergraduates who are enrolled full-time at an accredited college or university in the United States. The deadline for submitting an original 3,000-4,000 word essay is Jan. 13, 1995. The theme for this year is "Creating an Ethical Society: Personal Responsibility and the Common Good."

For entry forms and guidelines contact The Elie Wiesel Foundation for Humanity, 1177 Avenue of the Americas, 36th Floor, New York, NY 10036, or call (212) 221-1100.

Science lecturer

The Cultural Event Series of the John Hazen White School of Arts and Sciences will be presenting C. Eugene Emery, Jr., an award-winning science writer for the Providence Journal. The internationally famous expert on phony psychics, quack healers, and UFO hoaxes will be lecturing on "Weird Science: Exploring the E-Files."

The lecture will be at the Johnson & Wales University Library on Tues, Dec. 20, in the Bibliographic Instruction Room on the second floor at 2:30 p.m.

RI Foundation scholarships

The Rhode Island Foundation is accepting applications for a program that provides grants up to \$5000 for college sophomores and juniors seeking to broaden themselves through travel, internships or public service.

One or two such grants will be available this year from a fund set up at the Rhode Island Foundation to honor the late publisher of the Providence Journal, Michael P. Metcalf.

The grants are intended to provide students with experiences which will broaden their perspective and enhance their personal growth. Awardees will be expected to complete a final project, in writing or in another medium, relating the value of the experience gained. Applicants can be attending any college or university but must be legal residents of Rhode Island.

The application deadline is Jan. 31, 1995 and applications can be obtained from The Rhode Island Foundation, 70 Elm St., Providence, RI, or by calling 274-4564.

Local library hours

On Christmas Eve, Sat., Dec. 24, the Central Library at 225 Washington St., will be open from 9:30 a.m. - 1 p.m. The Mount Pleasant branch on 708 Hope St. will be open from 10 a.m. - 1 p.m. All other branches will be closed.

For Christmas Day, Sun, Dec 25, and the following day, Mon, Dec 26, the Central Library and all branch locations will be closed.

New Year's Eve, Sat, Dec. 31, will carry regular hours for the Central Library, 9:30 a.m. - 5:30 p.m., the Mount Pleasant and Rochambeau branches, 10 a.m. - 5:30 p.m. and the Knight Memorial Library, 12 p.m. - 5:30 p.m.

All locations will once again be closed on New Year's Day, Sun, Jan. 1, 1995 and Mon, Jan. 2, 1995.

Adopt a Family

The Rhode Island Commission on Women is sponsoring its fourth annual Christmas Miracle Adopt-A-Family Program.

The commission is asking businesses, churches, civic groups, state agencies, and individuals to adopt a family by providing each child with three nice, new presents and stocking stuffers, a present for the parent(s) and the holiday dinner.

Volunteers are also being sought for office work (day and evening), shopping for, wrapping and delivering presents, and working on site to organize the pick up and delivery of gifts.

Please call Pat Miernicki, Chair of the Christmas Miracle Program, at (401) 277-6105 to volunteer or to adopt a family.

Community Service

Talbot Treatment Centers, Inc., a non profit community based organization that provides treatment to alcohol and drug dependent persons and their families, requests donations of only the following list of items: toothpaste, toothbrushes, hand cream, hats and gloves. Call Pat Corley for directions to Talbot to drop off your items, 785 - 8380.

Nightly bus schedule

This is a reminder to all students that the final pick-up on the Nightly Shuttle Loop Buses are as follows:

Renaissance and Minden:

Sun. - Wed., 12:20 a.m.;
Thu. - Sat., 1:20 a.m.

Culinary:

Sun. - Wed., 12:15 a.m.;
Thu. - Sat., 1:15 a.m.

Hospitality:

Sun. - Wed., 12:10 a.m.;
Thu. - Sat., 1:10 a.m.

A.C.E.:

Sun. - Wed., 12:00 a.m.;
Thu. - Sat., 1:00 a.m.

University Library:

Sun. - Wed., 12:30 a.m.;
Thu. - Sat., 1:30 a.m.

Please note that the final pick-up at the University Library is to deliver students to their respective halls only.

Attention poets

The National Library of Poetry has announced that \$12,000 in prizes will be awarded this year to over 250 poets in the North American Open Poetry Contest. The deadline for the contest is Dec. 31. The contest is open to everyone and entry is FREE.

Any poet, whether previously published or not, can be a winner. Every poem entered also has a chance to be published in a deluxe, hardbound anthology.

To enter, send ONE original poem, any subject and any style, to the National Library of Poetry, 11419 Cronridge Dr., P.O. Box 704-1982, Owings Mills, MD 21117. The poem should be no more than 20 lines, and the poet's name and address should appear on the top of the page. Entries must be postmarked by Dec. 31. A new contest opens Jan. 1, 1995.

Trimester abroad

If you are a Business College student of junior or senior status with a 2.75 cumulative GPA or higher, then you qualify to apply for the Europe 1995 summer trimester abroad program. You will obtain nine college credits and will be in Holland and England all of July.

See Prof. Trznadel in room 420 at Xavier Hall. Financial aid can be used.

• News



Culinary wins awards

by Jennifer Giadore
Staff Writer

On Nov. 18, two students from Johnson & Wales University were awarded the "Student of the Year" award in Orlando, FL. These students were Jasmine Clarke, a Culinary Arts major from Nassau, Bahamas and Lee Benjamin Gross, also a Culinary Arts major from Scarsdale, New York.

The competition was designed for the awareness of the industry choices that students have majoring in culinary arts, management and hospitality.

Both students will join the rest of this year's winners representing the United States at the European Catering Association "Student of the Year" Competition at Guilford University in Guilford, England.

On Nov. 22, the JWU College of Culinary Arts was awarded the Grand Salon Award for "Overall Best Table,"

during the 126th Annual Salon of Culinary Arts Exhibition in New York City. The competition was held in the International Hotel/Motel and Restaurant Show at the Jacob Javits Convention Center. The event was sponsored by the Societe Culinaire Philanthropique.

A total of five students and fourteen faculty members participated in this event. Along with the Grand Salon Award, there were also individual prizes awarded to the team members. In first place, the winning faculty members were Lars Johnansson, Jean-Luc Derron, Bernd Gronert, Alfonso Contrisciani and Jean-Jacques Dietrich. In second place were Frank Terranova, George O'Palenick, Kenneth Wollenberg, Felicia Pritchett and Cynthia Salvato. Third place were Victor Calise and Steven Kalble. Sara O'Hara received a judge's mention.

Helping the Children's Crusade

by Jamie Picon
University Correspondent

"Find the gift!" yelled Captain Ed LaFontaine signaling X, a German trained police dog, to sniff out and locate a child's lunch box filled with marijuana.

On Dec. 6, the Johnson & Wales University Security team demonstrated the effectiveness of police dogs in the fight against crime and drugs the JWU Crusaders, (a special group of sixth graders in Central Falls, RI.)

The Johnson & Wales Crusaders is a chapter of the Rhode Island Children's Crusade for Higher Education. The main goal of the Children's Crusade is to keep at-risk children in the state interested in school, off the streets and away from crime or any deterrent which may prevent them from graduating high school.

Over the past few years, JWU has become very active in community ser-

vice. The Children's Crusade is only one of the ways in which the University supports our local community. The Crusaders, as well as their mentors, had a terrific time at the first meeting of the year.

"It was cool watching the dogs sniff around and listening to all those commands," said Michael Lopes, one of the 55 Crusader.

Sadly enough, the Children's Crusade is desperately lacking volunteers. If you enjoy spending time with children and have two to three hours a week to spare, you may qualify to be a mentor to some wonderful kids.

If you are interested in finding out more about the Children's Crusade, you can contact either of their two project coordinators, Jamie Picon at 946-4151, or Jackie Rippin at 598-3809.

You are urged to help if you can. Just a few hours of your time can mean the difference in the life of a child.

Congratulations

Dr. Yena receives honorary degree

Johnson & Wales Press Release

Dr. John A. Yena, President of Johnson & Wales University, received an honorary Doctor of Educational Administration degree from The Constantinian University.

On Sun, Oct. 30, at the Chapel of Empress Saint Theodora of Johnson & Wales University, Dr. Yena and seven others received honorary degrees. Among them was Joseph R. Paolino, U.S. Ambassador to Malta.

The ceremonies were part of the Tenth International Academic Convocation of The Constantinian University, which will celebrate the 45th anniversary of the establishment of the Chair on Human Rights at The Constantinian University.

The Constantinian University was founded over 1,664 years ago by the Roman emperor Constantine the Great in Rome and is the world's oldest university. The University is chartered by the State of Rhode Island and is recognized by the Office of Higher Education of the State of Rhode Island.

Director of Student Activities awarded

Johnson & Wales Press Release

Gail A. Zabatta, Director of Student Activities at Johnson & Wales University, received the Outstanding Staff Programmer Award of the New England Region of the National Association for Campus Activities (NACA).

Zabatta, a staff member of Student Activities at Johnson & Wales for eight years, was honored for her outstanding contributions to the field of student activities in New England at the closing banquet of the regional conference held at the Rhode Island Convention Center from November 3-7.

The Cultural Event Series
John Hazen White School of Arts and Sciences
Presents:

FLORENCE MARKOFF

well known radio hostess and lecturer
presents a lecture entitled

"You Said A Mouthful"

about interesting words to do with food.

Ms. Markoff can be heard weeknights @8:15 p.m. on WLKW
790, hosting her current show

"There's A Word For IT"

Culinary Campus HAC Amphitheater

Wednesday, December 14, 1994
@ 1:00 p.m.

Musical Perspectives •

Listen up

New releases and concerts reviews

Echobelly

Kind of sounds like you're having stomach problems or something. But no, you're not.

Echobelly is the name of a new band out of England that performed at Club Babyhead Nov. 23. This band has landed on the music scene with a refreshing sound that brings a big sigh of relief after being fed too much of the mainstream stuff.

Lead singer Sonya Aurora Madan, guitarist Glenn Johansson, bass guitarist Debbie Smith, guitarist Alex Keyser and drummer Andy Henderson are Echobelly. They have released their debut CD "Everybody's Got One" on an independent label. However, after an interview with Johansson, he informed me the disc will be released by under Epic Records in January. The band's major influence is The Smiths. And their songs have a lot to say Sonya writes of her experience growing up following her Indian traditions of arranged marriage, racism and other social issues. "Father, Ruler, King, Computer," "Today Tomorrow Sometime Never," "Bellyache," "Give Her a Gun," and "I Can't Imagine the World Without Me" are some of the songs they played live at Babyhead.

Sonya sings with an incomparable voice. Even though she's been compared to Blondie, her voice gives the songs an ethereal and angelical melody that rises above and penetrates the mind.

There's no noisy, annoying and screechy guitar riffs or senseless screaming—just good music. Echobelly's presence at Babyhead was more than great; it was awesome. This was a band worth going to see and hear. Keep an eye out for their release on Epic. Trust me, they're something different.

They're one of those bands whose music keeps playing on and on in your head, without giving you a headache. Echobelly is so different it can stand alone.

Downset

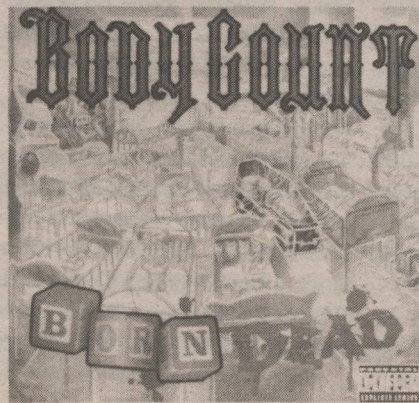
A new metal group with a slight rap, punk style, ripped up Lupo's on Dec. 6.

The band began with a powerful stage performance with an emphasis on pumping up the crowd with the song "Anger," a piece about living with anger inside of oneself instead of taking it out on others. All of the songs in the set were focused on social improvement rather than rebellion. During the performance, the band made the audience really think about what's going on in our world and in our neighborhoods by talking about social issues, such as rape and children being exposed to violence. Remarks made by the group during the performance regarding these issues gave the audience a chance to grasp the concept of what Downset was about.

What they are about is really quite unique. Downset attempts to solve social problems by dealing with them rather than acting upon them. The group perform music that obviously makes them feel good about who they are and what they are saying. Members of Downset don't let stardom go to their heads. Their laid-back attitude reflects well on them and will be an asset in leading them to the top, where their music is already heading, with a commitment to making music that not only means something to the band but hopefully to all of the soon-to-be fans.

BodyCount, Born Dead

From the first riff to the last, Ice-T and Bodycount, School of Knowledge and Life is in session. No, these



professors of the messed American way do not write on the board for good boys and girls to comprehend. Their lesson is shoved down your throat and learned quickly.

Bodycount's sophomore effort, Born Dead, is packed full of powerful punches. Songs like Killing Floor and Born Dead will leave you begging for more of the intensity and fury of Ice-T and Bodycount.

The remake of Jimi Hendrix Hey Joe was astonishing. All the hype of Cop Killer will certainly go by the wayside. After you pick up Born Dead. It's heavier crunchier and it's Ice-T and Bodycount coming for the attack.

Drown, Hold on to the Hollow

This new quartet out of L.A. is rocking the roof down at every show they play with the national heavyweights, Prong and Clutch.

Hold on to the Hollow is the tightest package of metal, techno and industrial heaviness, making this release

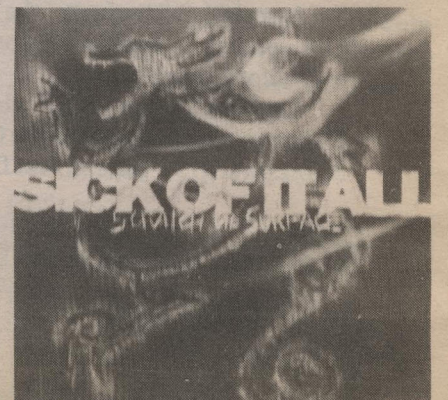


and the band far from a bunch of lightweights. Tracks like Pieces of Man leave you groping for the nearest piece of sturdy furniture because they will blow you right off your feet, so hold on.

Sick of it All, Scratch the Surface

New York City maybe the home of the Rockettes and Frank Sinatra. But, now we slide into a different genre. It's also the home of the metal band Sick of it All. That says it all, they're tired of everyone claiming to be metal and playing something to

the tune of, well, we need not name, names or songs that are lame. We'll be nice this time! Sick of it All crunches, riffs, and works you to the center of a pit like there's no tomorrow. Scratch the Surface has none of those sweet ballads that have overextended, noodlin' guitar solos. It's straight punch with a tight leather glove, like songs Consume and Maladjusted. This is no little persons music. If you're strong-willed you may be



able to handle, it but don't bother if you expect a break from the power and force of this CD. This is a no-ballad zone, so go pick up a W__rr__T tape for that. See I didn't name any names. Bands like Sick of it All will make NYC the metal mecca and Seattle will be forgotten forever.

Danzig, Danzig 4

Muscle, demons, long hair, black



and leather. The tradition of heavy metal continues, but this is no joke of band. They mean business. They? Danzig returns with their fourth album and it is time to see what the hype is all about. No hype—just good, hard-cutting, mystical demonic metal. Danzig 4 is full of sharp guitar riffs like on Until you call on the dark and others that start off slow but end with a lot of bang in the end like in Going down to die. Glenn and the boys tough-guy image seems to be a little less on this release. But just when you think it's over take a little trip over, to track 66 (only on the CD) and all that can be said is figure it out for yourself. It's either a Mass of some type or some really cool chant music. Danzig 4 leaves em' all in the dust.

continued on page 9

Next Concert
reviews will be:
Acoustic
Christmas Jam

Biohazard

Stompbox

Helmet

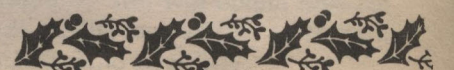
The 360's.

Check out these cool bands in the meantime but if you're unable to we'll give you our Perspective in the Jan. 18 issue.

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• Features



The Flu

What you should know

by Lilliana Cortez
Managing Editor

The winter season will be here before you know it. According to the Centers for Disease Control and Prevention, 25 million to 50 million Americans will suffer with the flu this year. As a matter of fact, two out of five adults don't know influenza and flu are the same.

Influenza is a viral respiratory illness that left people in bed an average of seven days and away from their regular activities for an average of 11 days last year, according to a survey conducted by Roper Starch Worldwide Inc. for Forest Pharmaceuticals. A total of 402 flu sufferers were surveyed by Roper. People who worked missed an average of two days from work. Mistakenly, many people just think of the flu as a "bad cold," when actually they are two different illnesses. Symptoms of influenza include headaches, chills, fever, sore throat and muscle and body aches. These symptoms may be similar to a cold, but influenza is more severe. Most outbreaks of the flu occur between October and May and peaking between December and March. The influenza virus has a two- to four-day incubation period.

Influenza is highly contagious as it spreads from person to person through droplets of infected respiratory fluid either by sneezing or coughing. It can also be spread through direct contact; for example, if a person touches his or her nose, the virus can be transmitted to another person with a handshake. Families are more susceptible to catching the flu. One family member may be sick with the flu and will often infect two other members of the household. As a matter of fact, 27 percent of those surveyed by Roper think they caught the flu from a family member and 37 percent think someone in the household caught the flu from them.

There are three different types of influenza: type A, type B and type C. Type A is the most common type of flu virus and is associated most epidemics. Type B is generally milder, its symptoms are indistinguishable from type A and it may reach epidemic levels. Type B is sometimes linked with Reye's syndrome in children, a neurological associated with the use of aspirin. Influenza type C is very mild, barely shows symptoms, poses no public health threat and has become uncommon in recent years.

Roper found that 44 percent of flu sufferers went to a physician and the majority preferred to take care of their illness with over-the-counter (OTC) drugs. Not only that, but 19 percent thought OTC drugs can help prevent the flu. Non-prescribed medication

only alleviate the symptoms and do not prevent the flu, or so thought by one in five Americans. Only 65 percent said their doctor prescribed medication, 38 percent said their doctor recommended non-prescription drugs and nearly half did not know that prescription medications are available to help stop the flu once a person is sick.

Influenza can be treated by two prescription antiviral medications, Flumadine and Symmetrel (also known as amantadine HCl). Both help prevent the spreading of influenza type A. If taken within 48 hours once symptoms have developed, Flumadine will reduce the fever and severity of symptoms by day two of treatment. Clinical studies with Flumadine given prophylactically during the entire course of a type A epidemic have shown to prevent infection in over 90 percent of all cases. Twenty-seven percent of flu sufferers know Flumadine and amantadine exist and 76 percent replied by saying they would ask their physician for prescription drugs if they knew one existed to prevent the flu.

However, research conducted by Roper showed vaccination is the most effective way of preventing the flu. The vaccines are 70 to 90 percent effective. Each year's vaccine contains two type A virus strains and one type B to represent the flu viruses that are likely to circulate in the U.S. that upcoming winter. On the other hand, persons allergic to eggs should not take the flu vaccine because egg protein may be present in the vaccine. Also, there is no guarantee the vaccine will prevent the flu, particularly for those in high-risk groups (persons 65 years-old or older; infants; children with asthma; person with chronic illnesses; immunocompromised patients; and older, nursing-home residents). If necessary, a vaccine and a prescription drug may be taken together to prevent the flu.

So this winter, whatever you decide to do to take care of the flu (whether it be drinking herbal teas, taking Theraflu with honey and two Tylenol's, calling mommy or staying in bed all day completely drugged out), make sure you take care of it as soon as possible. The study also showed that influenza may be fatal if there are complications in bacterial infection that can result in bronchitis or bacterial pneumonia. In fact, the flu combined with pneumonia is the nation's sixth leading cause of death and ranges from 10,000 to 45,000 deaths per year.

Get ready to bundle up this winter, get a vaccine if you can and make sure you see a physician if possible. Don't cry to mommy... because she's not here to take care of you!

Sun Jing exhibit at Multicultural center

by Allyson Burke
Staff Writer

From December 6 through December 21 at the Multi-Cultural center, there is an art exhibit featuring a Chinese artist who paints water colors. Sun Jing is one of the traditional water colorists and is also a member of the Artist's Association. She has done most of her exhibits throughout

soldier and her father's studio was completely damaged. They were forbidden to paint. In the 1980's is when Sun Jing was able to bring back to life her many paintings that brought her joy. From the first exhibit, Sun Jing was recognized as an important talent.

Sun Jing believes that Chinese art flows not only from the heart, but



One of Sun Jing's watercolor exhibits at the Multicultural Center. photo by Nirali Patel

China, Taiwan and Japan.

Sun Jing grew up with the surroundings of artists. Her father was a well known traditional painter in water colors and oils. Her father was noted for his traditional paintings of Chinese folktales. As a child Sun Jing was tutored in a traditional style and studied with many teachers including a famous Chinese artist Kuchan Li.

The damage of WW II put Sun Jings career to a halt. She served as a

from the spirit as well. In her paintings of flowers, birds and cats she represents the interpretation of the beauty and harmony of nature. All of her energy goes into her paintings.

In her exhibit you can tell that she has feeling and a love for painting. The water colors blend so beautifully together. When looking at these pictures you feel a sense of calmness and serenity. If you like art then you will indeed enjoy this exhibit.

Cab Calloway 1907 - 1994

Eyes wide as saucers, teeth as bright as the sun man, check out that suit. From the first time I saw the famed Cab Calloway, these were my thoughts. The flashy, energetic band leader died November 18 from complications a stroke suffered last June.

Born on Christmas 1907, he expressed musical interest early in his life. His mother was an organist and choir director at a Baltimore church. Cab played drums, sang in the choir and was a soloist. Singing was always his strong point. After high school, he left for college to study law like his father but was seduced by his love of music.

His career kicked off slowly, he was making very little money. With help from his sister, Blanche, he broke into the Chicago scene with his band the Alabamians. The big breakthrough didn't come until the mid '30's. Cab established himself in New York fronting his new band, The Missouri-ans.

Later, they recorded as Cab Calloway and his orchestra. Then they succeeded Duke Ellington at the Cotton Club, Harlems most acclaimed nightspot at the time.

Not only was beginning to thrive in the music scene, Cab was doing feature roles on Broadway in plays such as Lew Leslie's *Blackbirds* of 1928. He was the basis for the character Sportin' Life in George Gershwin's opera *Porgy and Bess*, and was the one who introduced it to Broadway. He appeared with Lena Horne and Bill Robinson in the film *Stormy Weather*. Al Jolson in *The Singing Kid*. Recently he was seen in *The Blues Brothers* and *The Cotton Club*, where you get a real feel for what his music was like. One of his last appearances was in the Janet Jackson video *Always*.

He also introduced a rather unknown Dizzy Gillespie into the big band scene. He promoted Lena Horne and Bill Bailey.

Maybe most of you remember him by the songs *It Ain't Necessarily So* and *Minne the Moocher*, with that beautiful refrain that everyone knows it, *Hi-De-Ho*. The way he came up with the refrain for this song was during another song in concert he forgot the word to the song he was singing so he threw in those simple words.

Cab Calloway left behind a wealth of great music and set the standard for a lot of jazz musicians. The man had style that was all his own. There have been a few imitators but none have come close. May his music and accomplishments live on forever, especially *Hi-De-Ho*.

continued from page 1

...JWU student invests

investment instructions and strategies, transaction ledgers to assist in tracking their investment processes and a stock listing guide of over 8,000 companies and stocks traded on major exchanges. The million dollars that students use to invest are imagi-

nary, however the stocks, companies, and experience gained is all "real."

The goal of participants is to turn that million dollars into the highest portfolio value before the competition ends on December 9, 1994.



The Mosh Pit
by Joeray L. Wood
Editor in Chief

Campus Life •

Student Union

Delta Phi Epsilon -

Good luck to the Iota Pledge Class: Danielle, Amanda, Laura, Julie, Jenn, Jessie, Aleks, Amy, Laura, Kerrie, Krista, Andrea, Carrie and Debbie. Make us proud girls!!! Good luck to everyone on finals. Have a great break.

Sigma Delta Tau -

Hopes that everyone had a fun and relaxing Thanksgiving break. Don't forget about the Clothing Drive, boxes will be all dorms and academic buildings! Etas, keep smiling, you're doing great!!

Theta Phi Alpha -

Congratulations sisters of Theta Phi Alpha on winning the Flag football championship, for the third year in a row. Great job! A special thanks to our coaches Mike and Steve. We couldn't have done it without you. We would also like to thank Phi Kappa Sigma for an awesome social. Hope everyone had a great Thanksgiving.

Zeta Beta Tau -

We hope that everyone had a safe and enjoyable holiday. Watch out for upcoming parties and events. Happy Birthday to brother Keith Mann he turned 19 on Nov. 21. We would like to wish everyone a safe and happy holiday season. Also, we would like to congratulate Theta Phi Alpha on

their Flag football victory.

Delta Epsilon Chi (DECA) -

The '94 - '95 Johnson and Wales Delta Epsilon Chi (DECA) chapter has announced their executive board members. Congratulations to the following students: Presidents - Michael Breitweg, Vice President - Bobby Paes, Treasurer - Jeff Cartee, Secretary - Kyra Ala, Parliamentarian - Anthony Herring, Reporter/Historian - Mia D'Amico. State representatives - Tristan Haysm, Brett Charney, Steve Nguyen. Also, a congratulations to the National Student Organization Representative for the Delta Epsilon Chi chapter: Julie Cornell and the Clubs Council representative - Roger Brooks.

The '94 - '95 Johnson and Wales Delta Epsilon Chi (DECA) chapter has completed its first trimester with a promising outlook for the future. The club meets every other Tuesday and will continue through the end of the year. At the meetings, various topics are discussed such as: Upcoming events, projects Delta Epsilon Chi is sponsoring, DECA's financial situation and many other things. There are also three committees within the DECA organization that break up into groups at the meetings and also conduct their own meetings at different

times. The three committee's are: social committee, which in charge of the socials DECA has, the fundraiser committee, which in charge of all the fundraisers within the club and community and the public relations/civic consciousness committee, which in charge of all of the publicity and everything DECA does for the community. This committee also lets the public know who and what DECA is. Some of the projects DECA has completed this year are as followed: at the family weekend '94, DECA had a raffle booth with prizes included: Johnson and Wales paraphernalia. On October 25, DECA held a Halloween social. Following that, over 60 members took a trip to Portsmouth, RI, for a haunted hayride. On November 11 - 113 twenty members and officers took a trip to Pittsburgh, PA for the North Atlantic Regional Development Seminar. Delta Epsilon Chi has also donated fifty dollars to the Hasbro Children's Hospital Walk-A-Thon. Some upcoming events are: a weekend ski trip, a Rock-n-Bowl night and a Christmas dinner. If you are interested in becoming a DECA member, call extension 1057 for more information.

FHA/Hero and FFA -

Thanks to everyone who helped make and decorate the cookies on Wednesday. It was a lot of fun. Don't forget the shopping trip to Boston on December 17. There will be a surprise for all those members who attend the meeting on the 21 of December. Have a safe and happy holiday everyone, we'll see you in the new year.

Community Service -

800 families have been referred to the RI commission on for the Christmas Miracle Adopt-A-Family program. Individuals or groups adopting a family need to provide each child with three nice, new presents and stocking stunnors, a present for the parents and the holiday dinner.

Volunteer are also being sought for office work (day and evening), shipping for wrapping and delivering presents and working on-site, to organize the pick up and delivery of gifts. Call Pat Miernecki, 277-6105.

Advent House, the oldest homeless shelter in RI, requests donations of toys, long underwear, gloves, hats, scarves, socks, sweaters, jackets, coats and men's and women's toiletries for families (especially with children) to provide those in need with holiday gifts. Call Stephanie Holding, 273-8946.



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COCONUT SHRIMP
ENTREES
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• Musical Perspectives

... Music review continued

continued from page 6

Megadeth, Youthanasia

The days of big metal bands delivering powerful, punching new releases with really cool art designs on the front cover seem to be gone... long gone. Oh well it's the 90's, not the 80's anymore, thank God

Megadeth cranks out its sixth effort if you want to call it that. There really isn't any effort, on this CD *Youthanasia*. It starts off forcing you to listen on - because you know it has to kick in with that usual Megadeth hard riffin', like *Symphony of Destruction*. Not really, sort of, maybe a little bit. Confusing? Well, that should explain the most of *Youthanasia*.



Well, half is just there, a quarter is really good, and that's it. The other 1/4? It's lost, just like the old Megadeth sound.

Tracks *A Tout Le Monde*, *Elysian Fields*, *The Killing Road* and *Blood of Heroes* are the highlight of the *Youthanasia*. *Train of Consequences* is cool because the recreation of a train moving down the tracks sounds cool on a guitar, but it is already overplayed on MTV and everywhere else.

The cover art doesn't help the band much with the babies being hung by their toes by an old maid on a grassy hillside with a pursuing storm overhead. If you understand it then come let me in on it.

Youthanasia really could, or maybe should, be euthenised

Method Man

M-E-T-H-O-D ??? You know the rest. The meth has returned with his solo effort titled "Tical." For all who



love the Wu-Tang you will not be disappointed. Meth also has a little help from the Rza and Raekwon, also of Wu-Tang Clan. The album showcases what Method Man can do, which is create phat hits. From beginning to end, "Tical" provides head-thumpin' tracks. The best tracks are "Tical," "Stimulation," "biscuits," the jeep inspired "What the blood clot," and "Sub Crazy." The best track overall is "Re-

lease Yo' Self," with its Rocky theme music.

Flatlinerz

Now let's take a trip down Rt. 666



to Brooklyn. At the end of this journey we find Gravediggaz, Red Rum and Tempest, otherwise known as the Flatlinerz. The intro sets the tone for the second part of our journey into their graveyard realm. Each rhyme is more "scary-us" than the next. Just close your eyes and picture the words. You'll be more horrified by the various flows combined with the chamber music which makes the flatlinerz instant hits. My favorite tracks are "sonic boom," "takin em' underground," "brooklyn/queens," "graveyard nightmare," and "good day to die." The best track overall is "live evil." So if you have the time take a trip down Rt. 666, believe me you'll never be the same.



Raja-Nee'

Last, but not least, we have Raja-Nee'. When looking at the cover you would think, "What? Another Patra imitation." But after listening, I was proved very wrong. Raja-Nee' has mad vocals with the reggae flava to enhance her skills. But what would you expect from Jimmy Jamm and Terry Lewis, the executive producers and the men behind Janet Jackson, Prince and many others. While the debut track, "Turn it up," is already receiving heavy air play, this track only gives a taste of what's in store. While the dance tracks pump you up, the ballads lay you down with sweet and sensual serenades. Like all up-and-coming artists, there is also a remake of a classic. In this case it's Rose Royce's "I want to get next to you." My favorite tracks are "quick," "turn it up," "Who's been givin' it up," "sex in a jeep," and "give it to me." So pick up Hot and Ready by Raja-Nee', and don't let the cover fool ya.

Soap Opera Christmas

It's that time of the year. Yes, Christmas is here. It seems like just yesterday when we last celebrated Christmas. Is it hard for you to get into the spirit of things? If so, here's just the thing. A new album recorded by some of the top daytime soap opera stars, *A Soap Opera Christmas-Holiday Songs from your Favorite Daytime Stars*. This album has beautiful traditional Christmas songs that will make you feel like, "WOW! It really is Christmas again!"

This album has beautiful melodies to put you in that merry Christmas mood. Beautifully romantic, not only because of the peaceful tranquil-

ity that listeners experience, but also because of its sweet melodies. A beautiful soundtrack to hear with a loved one to put you in a romantic mood. Would songs like *Have yourself a Merry Little Christmas* and *O Come All Ye Faithful/Joy To The World* get you into that merry Christmas mood? Will songs like *Merry Christmas Darling* and *What are you doing New Year's Eve* make you want to be close and cozy with that special someone?

For someone who is a romantic at heart lacking that holiday ho! ho! spirit, this album will do the magic and make you merry.

Editors' Note:

The Arts and Entertainment section has under gone several changes..

The name is now "Perspectives," and the boot rating system has been omitted. We will add a rating system as soon as we come up with a better one. If you have an idea about what to use for our rating system, we are open to suggestions. Just submit them at The Campus Herald office.

We hope you enjoy the new and improved A&E section we are always open for comments about the paper.

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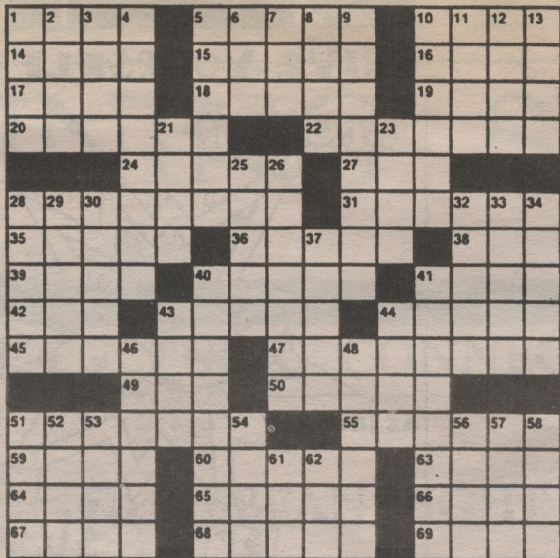
ANSWERS TO LAST WEEK'S PUZZLE

SOLE	STAMP	SPOT
APEX	CIGAR	AIDE
RUSH	ADELE	TEEN
ASSISTED	THIRST	
BITS	CZAR	
ENGINE	CREDITOR	
PERT	ROYAL	CORE
ERE	ART	RAF
EVES	GRIEF	SATE
SENTINEL	LATHER	
ROAD	TARA	
FAMOUS	ARTICLES	
ERIK	HABIT	KALE
LINE	ELATE	EMIT
LAND	DETER	DASH



THE Crossword

- ACROSS**
- 1 Fashion
 - 5 "Half — is better..."
 - 10 Put away
 - 14 Uppermost point
 - 15 Medicinal plant
 - 16 Idol
 - 17 Kind of liquor
 - 18 Covers with paint
 - 19 Smell very strong
 - 20 Charge
 - 22 Alien
 - 24 Cooking stove
 - 27 Low land covered with water
 - 28 Lent a hand
 - 31 Annie the cowgirl
 - 35 Dive through air
 - 36 Teach
 - 38 Mineral
 - 39 Like vinegar
 - 40 Clear
 - 41 Region
 - 42 Sea eagle
 - 43 Flower part
 - 44 Put into office
 - 45 Drudgery
 - 47 Dime's value
 - 49 —Magnon
 - 50 Writer Segal
 - 51 Easy
 - 55 Crystal-filled stones
 - 59 Guinness of films
 - 60 A letter
 - 63 River into the Caspian
 - 64 Close tightly
 - 65 Distributed cards
 - 66 Middling
 - 67 To this place
 - 68 "To — human..."
 - 69 Sword



- 4 Outside
- 5 A going up
- 6 Durocher
- 7 Go sit — tack!
- 8 Picnic intruders
- 9 Burgers and fries
- 10 Got smaller
- 11 Youthful suffix
- 12 A state: abbr.
- 13 Started the day
- 21 Pant
- 23 Bring up
- 25 Outfit
- 26 Inform
- 28 Something of value
- 29 Took an oath
- 30 Healthy
- 32 Sophia the actress
- 33 Put up
- 34 Irish poet
- 37 Flooring workman
- 40 Fruity drink
- 41 Barroom's cousin
- 43 Certain
- 44 — homo!
- 46 Frozen pendant
- 48 Times of day
- 51 Whip
- 52 Gen. Robert —
- 53 At hand
- 54 Rank
- 56 Let fall
- 57 Make less severe
- 58 Blackthorn
- 61 Seaman
- 62 151



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Hitting the high slopes

by Lilliana Cortez
Managing Editor

One of the things that amazed me the most my first winter at Rhode Island was how popular skiing is. For some reason, I realized just how devoted some skiers are and how much they love skiing. Where I'm from (the Midwest), we don't do much skiing, and if we do, we have to go somewhere in Colorado, Minnesota maybe or Canada. It may seem dangerous to those who have never tried it (like me), but from what friends have said, it's an exciting and unique sport.

As early as November, skiers start heading up to the slopes for some fun and natural adrenaline highs. There are many popular ski resorts, especially in Vermont, New Hampshire and Maine. The majority of these offer special packages at different rates, depending on the costs of lodging, equipment rental, lift passes and amenities such as health club access or outdoor heated pools.

Smugglers Notch in Vermont has 56 trails and the highest vertical drop in the state. A weekend at Waterville Valley can get you a two-day lift ticket on a 2,020 vertical drop and 53 trails to go down.

Maine has ski resorts with long trails, short liftlines, more runs in one day and (here's the good part) more for your dollar's worth. The highest vertical drop in Maine is of 2,820 feet and is at Sugarloaf. Not only that, but there's a variety of terrains for each level of skiing, whether it be novice, intermediate or advanced.

Smooth slopes, narrow paths, big bumps and trees as slalom poles can be found at many of Maine's ski resorts. You can also find they appeal to many beginning skiers, young families and skiers who don't find it necessary to wear fashionable clothes or own high-tech gear. You'll get serviceable lifts, comfortable base facilities, convenient parking, flexible ticketing options and affordable prices.

As a matter of fact, Maine's ski slopes have served as training camps for many U.S. skiing champions, such as former U.S. Olympic team members Julie, Anna and Rob Parisien, Greg Stump and Peter Young.

Also in Maine, you'll find well-maintained and interconnected snowmobile trails that extend from New Hampshire to Quebec and to New Brunswick for 10,500 miles. There are 270 snowmobile clubs and visitors from out of state can pay a \$20 registration fee to use their snowmobiles in Maine. The Interconnecting Trail System (ITS) is 3,000 miles long and stretches from Alfred in the southern part to Rangeley in the west and to Madawaska and Calais in the east. The Northeast Snowmobile Trail (NEST) is 1,100 miles long and links Maine, New Hampshire, Vermont and Quebec. Another snowmobile trail in Maine, Aroostook County, was rated the highest trail in New England and the third highest in the entire North American snowbelt by the 1993 March issue of Snow Goer Magazine.

Attitash in the White Mountains of Vermont is celebrating its 30th anniversary season and has become one of the most popular skiing resorts. Ninety-eight percent of its skiing terrain is one New England's largest and most efficient systems. The vertical drop for Attitash is 1,750 feet and 1,050 feet for Bear Peak. There are a total of 33 trails and rates vary on lifts, special packages and skier development programs. For example, the Learn-To-Ski or Snowboard program includes equipment rental, novice lift ticket and coaching to learn to ride a lift and ski independently for a low \$35.

You can contact Carisa Flood, Public Relations Coordinator at Attitash at (603) 374-2368 for more information about the 1994-95 season. To receive a free winter guide for Maine's skiing and snowmobiling season call 1-800-440-2248.

It's not the end of sports

Sports are never-ending and ageless. Only the players age. World records remain constant until someone new comes in and sets his or her own mark. And that is exactly what is happening now: going on to set a new mark for our student run publication.

It's been a rewarding experience being Sports Editor for ten months,



Play Ball

by Lilliana Cortez
Managing Editor

considering that all I ever knew about sports is first and ten, the three-point shot and that kicking a ball into the net is a goal. Did I ever know what a hat trick was? Perhaps Mr. Boyle can answer that one for me.

In these past ten months, however, many "memorable" events have occurred in the world of sports. Baseball went into strike and cancelled the World Series, which for many teams was not a good thing. Some of them were doing so well there was serious competition as to what teams would make it to the World Series.

Hockey has been kept alive by the minor league teams. But I'm more than sure the New York Rangers would certainly like to defend their Stanley Cup title to a team and not the strike negotiators.

Football was criticized earlier about it not being the popular sport it

was several years ago. But this season has been one where old team rivalries have sparked up once again (the classic: New York Giants vs. Dallas Cowboys) and players are either making or breaking their teams.

Basketball, on the other hand, has gone through some big changes with free agents and the large recruiting of players for this season. The result is that teams who were once struggling to have one last shot for playoffs have found the right chemistry, putting into speculation who will win the NBA Championship.

Ending result? Sports are changing, but not for the bad or the worse. It's all a matter of what players want, since so much is expected of them and how this will help them perform on the team.

Overseeing the Sports section of the paper will still be one of my responsibilities until an editor comes up (is anyone out there willing to do it?), so it doesn't mean there won't be any sports coverage. It is difficult to cover every game and every sport on campus, but our staff is very small and we each have other priorities (school).

So bear with us if we don't get every hockey or basketball game in the paper; we try as best as we can to inform you on how our teams are doing. But we also need cooperation from other departments and students to keep the Sports section alive. I certainly don't want it to suddenly disappear from *The Campus Herald*.



Aerobics



New fitness center programs

The Athletic Department has announced that a new step aerobics class has been added, and will take place on Monday and Wednesday nights from 4:45 to 5:45 p.m. starting the week of Dec. 12. The class will be held at the Plantations Auditorium.

Another program being added is the Video Step class, where you can bring an aerobics tape and have your own class at your own convenience in the Plantations Fitness Center.

All staff and students are invited to participate in the aerobics classes being offered this winter term for \$10.

If you have any questions, call Karen at 598-1734 or Kristen at 598-1194.

Interested in writing sports?

Then join the best team

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Contact Lilliana Cortez,
Managing Editor, at 598-1489.

Civic center now open to public

The Providence Civic Center has now opened the skating rink for public skating on Sundays. The schedule, which is subject to change without notice, is as follows:

January 15	2-4 p.m.	March 19	6-8 p.m.
January 22	6-8 p.m.	March 26	6-8 p.m.
February 19	6-8 p.m.	April 2	6-8 p.m.
March 5	6-8 p.m.	April 9	6-8 p.m.
March 12	6-8 p.m.		

Admission for Providence residents is free, as long as you can show proof of residency. Children are admitted free if accompanied by an adult Providence resident. Admission for non-residents of Providence is \$4, for children under 12 and seniors is \$2 and 50 cents for spectators.

You can call 331-6700 for ice availability or a change in schedule.

Sports Trivia Question for Dec. 14

What former NFL coach was the first tight end to be selected to pro football's Hall of Fame?

Submit your answer to *The Campus Herald* office, Friendship Building, second floor, c/o Lilliana Cortez, Sports Editor.

Answers should be submitted no later than Wed., Dec. 21 at 3 p.m. Be sure to include your full name, phone number and residence hall (if you live on campus).

Out of all correct answers submitted, one winner will be chosen at random. The prize winner will receive a footlong sub and regular soda with chips courtesy of



The winner will be notified and announced in the next issue of *The Campus Herald*.

When claiming prize at Blimpie, a valid picture I.D. will be required.

ATTENTION: The correct answer for the question on the issue for Nov. 19 was Bonnie Blair. The winner is Jen Kopp from Xavier Hall.

Congratulations, and don't forget to claim your prize.